

Determination of zinc serum level in psoriasis patients referred Ardabil-Dermatologic Clinic of Emam – Khomeini hospital

Abstract

Introduction: Psoriasis is a common, chronic, agonal and recurring dermal disease which is recognized by dry, erythematous and erosive plaques in different but limited sizes. In some studies, there has been a reverse relationship between psoriasis and the serumic level of zinc, so we study the mentioned factor in patients and compare it with that of healthy people in the same situation in order to find out if there is a meaningful relationship between the serumic level of zinc and the mentioned disease.

Methods and materials: One hundred patients referring to dermatology clinic of Imam khomeyni hospital were studied in case of owning entrance criteria and not having the exit ones; Length of the disease, size of damage and type of disease were recognized in them. Serumic level of zinc in patients were compared with that of 100 members of control group. Data was analysed by means of SPSS-19 software and T-Test and X^2 .

Results: The age average of psoriasis sufferers was 29 years old and 58% of them were men. 98% of dermal damage belonged to plaque type and 2% to postular. 21% of sufferers admitted a positive family background of the disease. The average length of challenge with disease equals 13.25 days and the average size of damage is 424.53cm². serumic level of zinc equaled 62.3µg/dl in patients and 87.7µg/dl in control group and there was a meaningful difference between them.(Pvalue=0.001) The fact that there was a reverse relationship between serumic level of zinc and the seriousness of suffering was revealed during the study.(Pvalue=0.001)

Discussion and conclusion: According to the results of the present study and similar ones, it was showed the serumic level of zinc has significantly decreased in psoriasis sufferers. Also, the bigger their damages are, the lower serumic level of zinc would be. Considering the decrease of serumic level of zinc in sufferers, it must be clarified if the mentioned disease has lead to lower serumic level of zinc or vice versa.

Key words: Psoriasis, zinc, serumic level of zinc